



## ***JUNE 2017 SCHEDULE***

Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



**@SAParksFitness**


















**CITY OF SAN ANTONIO  
PARKS & RECREATION**

**WEATHER HOTLINE (210) 207-3128**



# CROSS FIT

Cross Fit is constantly varied functional movements performed at high intensity. All Cross Fit workouts are based on functional movements for a timed or scored workout. These movements reflect the best aspects of gymnastics, weightlifting, running, rowing, and more. Always varied, always changing, always producing results. Anyone can do it!

Class Name		Location	Day(s)	Time	Meeting Place
Cross Fit	   	Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit	   	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center
Cross Fit	  	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion <b>*No class June 10</b>
Cross Fit	   	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center



## SCHEDULE LEGEND



Outdoor Class



Indoor Class



Outdoor During Nice Weather  
Indoor During Bad Weather



Troops for Fitness Class

## SCHEDULE LEGEND



The Workout 2.0  
Official Training  
Session



**Fitness in the park**  
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# BOOT CAMP






































Boot Camp classes are designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body!

Class Name		Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp		Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center
Adult Boot Camp	  	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center
Adult Boot Camp	 	Copernicus Park 5003 Lord Rd	Mon / Thurs	6:30 pm	Inside Copernicus Community Center
Adult Kettlebell Boot Camp	 	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	6:00 pm	Inside Enrique Barrera Fitness Center
Adult Boot Camp		Miller's Pond Park 6175 Old Pearsall Rd	Mon	8:00 pm	Inside Miller's Pond Community Center
Adult Boot Camp	 	Travis Park 301 E. Travis	Tues	5:30 pm	In the park
Adult Boot Camp		Granados Park 500 Freiling	Tues / Thurs	6:45 pm	Inside Granados Adult & Senior Center



# CIRCUIT TRAINING












Circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise "circuit" refers to one completion of all prescribed exercises in the program.

Class Name				Location		Day(s)	Time	Meeting Place
Adult Circuit Training				McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the outdoor fitness stations <b>*No class June 10</b>	
Adult Circuit Training				Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	6:00 pm	Inside Enrique Barrera Fitness Center	
Adult Circuit Training				Bonnie Conner Park 13300 Woller	Thurs	5:30 pm	At the pavilion	
Adult Circuit Training				Lou Kardon Park 6161 Gibbs Sprawl Rd.	Mon / Wed	8:30 am	At the playground	
Outdoor Circuit Training hosted by the Mays Family YMCA of Stone Oak					Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk
Adult Circuit Training (30 minutes)					Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion
Adult Circuit Training				Phil Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts	
Adult Circuit Training					Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the pavilion
Energy Circuit				Phil Hardberger Park East 13203 Blanco	Sat	8:00 am	Near the outdoor classroom <b>*No class June 10, 17, &amp; 24</b>	
Energy Circuit					Woodlawn Lake Park 1103 Cincinnati	Thurs	7:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Energy Circuit					Southside Lions Park 3100 Hiawatha	Wed	7:00 pm	Inside Southside Lions Community Center <b>*No class June 28</b>
Adult Circuit Training				Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	11:45 am	Inside Enrique Barrera Fitness Center	
Adult Circuit Training (30 minutes)				Woodlawn Lake Park 1103 Cincinnati	Mon	8:00 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym)	
Adult Circuit Training				Labor Street Park 442 Labor Street	Tues	7:00 pm	Near the outdoor fitness stations	
Adult Circuit Training					Levi Strauss Park 6100 Enrique M. Barrera Parkway	Mon	7:00 pm	Near the outdoor fitness stations
Super Hero Circuit hosted by Honor 22					Walker Ranch Park 12603 West Ave.	Fri, June 16 Fri, June 23	7:00 pm	Next to the pavilion














# LOW IMPACT CIRCUIT TRAINING

Low Impact workouts are a great way to get active while reducing the risk of injury! Low Impact Circuit Training classes are easier on the body, especially the joints, while still offering a great full body workout!

Class Name		Location	Day(s)	Time	Meeting Place
Adult Chair Exercises		Lackland Terrace Park 7902 Westshire	Tues	9:30 am	Inside Gill Community Center
Functional Fitness (Adults and Seniors)		Lions Field Park 2809 Broadway	Mon / Thurs	8:30 am	Inside Lions Field Adult and Senior Center
Adult Intermediate Low Impact Circuit Training	 	Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center <b>*No class June 28</b>
Adult Low Impact Circuit Training	 	Lackland Terrace Park 7902 Westshire	Wed	11:00 am	Inside Gill Community Center <b>*No class June 28</b>
Adult Low Impact Circuit Training	 	Granados Park 500 Freiling	Tues / Thurs	12:30 pm	Inside Granados Adult & Senior Center
Adult Low Impact Circuit Training	  	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library

# CORE TRAINING

Class Name		Location	Day(s)	Time	Meeting Place
Core Rhythm		Harlandale Park 7227 Briar Place	Tues	6:00 pm	Inside Harlandale Community Center
Core Rhythm		Southside Lions 3100 Hiawatha	Thurs	6:00 pm	Inside Southside Lions Community Center
Core Training (30 minutes)	  	Parman Library 20735 Wilderness Oak	Mon	11:00 am	Inside Parman Library
Core Training (30 minutes)	 	O.P. Schnabel Park 9606 Bandera Rd	Mon	5:30 pm	Next to the playground
Core Training (30 minutes)	 	O.P. Schnabel Park 9606 Bandera Rd	Mon	6:00 pm	Next to the playground
Ab Express		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Wed	6:00 pm	Inside the Enrique Barrera Fitness Center
Ab Express		Levi Strauss Park 6100 Enrique M. Barrera Parkway	Mon	6:00 pm	Near the outdoor fitness stations

Core Rhythm is an energy packed abdominal workout with movements based around the beat of the music!








Ab Express & Core Training classes will blast your abs by performing specific exercises to strengthen the muscles.

# IN THE POOL

Aqua Fitness is a great way to stay cool while getting a low impact workout. The water provides resistance and a soothing motion for your joints.

Aqua Zumba is a pool party you shouldn't miss. Add a splash to your fitness routine with this low impact, high energy aquatic exercise!

Take advantage of free lap swimming opportunities provided by the San Antonio Parks and Recreation Department. Join us at one of four regional pools during the week for dedicated lap swimming times, open to the public. It's a great way to stay in shape by participating in a low impact exercise that builds endurance, improves flexibility, and helps strengthen muscles.

Class Name		Location	Day(s)	Time	Meeting Place
Aqua Fitness		San Antonio Natatorium 1430 W. Cesar Chavez	Tues / Thurs	11:30 am	Inside the natatorium
Lap Swimming		Heritage Pool 1423 S Ellison Dr	Tues / Wed / Thurs	7:30 am to 9:30 am	At the pool
Lap Swimming		LBJ Pool 10700 Nacogdoches	Tues / Wed / Thurs	7:30 am to 9:30 am	At the pool
Lap Swimming		Southside Lions Pool 3100 Hiawatha	Tues / Wed / Thurs	7:30 am to 9:30 am	At the pool <b>*No class June 1, 6, 7, &amp; 8</b>
Lap Swimming		Woodlawn Pool 221 Alexander	Tues / Wed / Thurs	7:30 am to 9:30 am	At the pool
Lap Swimming		Lincoln Pool 2803 E. Commerce St.	Tues / Wed / Thurs	7:30 am to 9:30 am	At the pool <b>*June 1-8 only</b>
Aqua Zumba		San Pedro Pool 2200 N. Flores	Wed	6:45 pm	At the pool <b>*No class June 7</b>





# CROSS TRAINING, SPEED & AGILITY, AND MORE!

Cross Training classes utilize different types of exercises to provide variety and fight the boredom of completing the same exercises day in and day out! Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, Body Pump strengthens, tones and defines the body as nothing else can.

Build and enhance speed, quickness, coordination, and body control at Speed & Agility and Agility & Stability class. All fitness levels are welcome as each class is easily modified to suit everyone.

Workout of the Day will provide participants with a different workout every class. All fitness levels are welcome, and participants can work at their own pace. This balanced training program will enhance strength, stamina, endurance, and flexibility.
























Class Name		Location	Day(s)	Time	Meeting Place
Cross Training		Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Speed & Agility		 Pearsall Park 4700 Old Pearsall Rd	Tues	7:00 pm	At the pavilion <b>*No class June 27</b>
Agility & Stability		 Woodlawn Lake Park 1103 Cincinnati	Mon	9:30 am	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym) <b>*No class June 26</b>
Body Pump hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk
Workout of the Day		Cuellar Park 5626 San Fernando	Thurs, June 1	6:00 pm	Inside Cuellar Community Center



# INTERVAL TRAINING

Interval Training includes many of the same movements that make up a boot camp or circuit training session. What makes interval training unique is the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body work out.














Class Name		Location	Day(s)	Time	Meeting Place
Interval Training	  	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward Community Center
Interval Training	 	Bonnie Conner Park 13300 Woller	Thurs	6:30 pm	At the pavilion
Interval Training	  	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode Community Center
Interval Training	 	Phil Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts
Interval Training		Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training		Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion
Bodyweight HIIT	   	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Interval Training	 	Phil Hardberger Park East 13203 Blanco	Sat	9:00 am	Near the outdoor classroom <b>*No class June 10, 17, &amp; 24</b>
Bodyweight HIIT	 	Pearsall Park 4700 Old Pearsall Rd	Tues	6:00 pm	At the Fitness Challenge Zone <b>*No class June 27</b>
Adult Interval Training	  	Lions Field Park 2809 Broadway	Wed	6:30 pm	Inside Lions Field Adult and Senior Center



# YOGA

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Looking for a more accessible option? Try our Chair Yoga class that utilizes a chair for added support, while still improving strength and flexibility.

Class Name		Location	Day(s)	Time	Meeting Place
Yoga		Phil Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts
Chair Yoga		Dorie Miller 2802 MLK Dr.	Sat, June 3	10:30 am	Inside Dorie Miller Community Center
Yoga		Dorie Miller 2802 MLK Dr.	Sat, June 3	11:30 am	Inside Dorie Miller Community Center
Yoga		Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga		LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Lou Hamilton Community Center
Yoga	 	Cuellar Park 5626 San Fernando	Tues, June 6	5:00 pm	Inside Cuellar Community Center
Yoga		Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the pavilion
Yoga hosted by United Health Care		Commander's House 622 S. Flores	Tues	10:30 am	Inside Commander's House
Chair Yoga		Highland Park 901 Rigsby	Sat	10:30 am	Inside Bode Community Center <b>*No class June 3</b>
Yoga		Highland Park 901 Rigsby	Sat	11:30 am	Inside Bode Community Center <b>*No class June 3</b>










# MORE YOGA





Gentle Yoga is less intense, non-strenuous, form of Yoga that is a great option for a beginner yogi!

Restorative Yoga is a form of Yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props. The use of props makes it easier to maintain balance while you performing the poses.



Class Name		Location	Day(s)	Time	Meeting Place
Yoga		Mission Library 3134 Roosevelt	Sat	12:00 pm	Inside Mission Library <b>*No class June 10</b>
Restorative Yoga	 	Dawson Park 2500 E. Commerce	Tues	6:00 pm	Inside Dawson Community Center
Gentle Yoga	 	LBJ Park 10700 Nacogdoches	Thurs	6:00 pm	Inside Lou Hamilton Community Center <b>*No class June 1</b>
Yoga	 	LBJ Park 10700 Nacogdoches	Thurs	7:00 pm	Inside Lou Hamilton Community Center <b>*No class June 1</b>

# BODY FLOW, TAI CHI, PILATES, AND MEDITATION

Class Name		Location	Day(s)	Time	Meeting Place
Meditation		Phil Hardberger Park West 8400 NW Military Hwy	Sat, June 3 Sat, June 24	11:00 am	The deck of the Phil Hardberger Park Urban Ecology Center
Tai Chi		Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library
Body Flow hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Pilates	 	Dawson Park 2500 E. Commerce	Tues	7:00 pm	Inside Dawson Community Center
Pilates	 	Lions Field Park 2809 Broadway	Wed	5:30 pm	Inside Lions Field Adult & Senior Center

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, great for stretching and serenity.

Meditation will introduce participants to the practice of concentrated focus to increase awareness, reduce stress, and promote relaxation.

Body Flow is a mix of Yoga, Pilates, and Tai Chi. It focuses on strength, flexibility, and controlled breathing. The moves, stretches, and poses done in Body Flow are all performed to music.

Pilates utilizes low-impact exercises and stretches designed to develop strength, flexibility, balance, and inner awareness.

















Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance. Our Zumba classes always feel like a party so come join us and party yourself into shape!

Class Name		Location	Day(s)	Time	Meeting Place
Zumba in partnership with Community First Health Plans		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost Pavilion <b>*No class June 10</b>
Zumba		Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center		Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the Y Living Center
Zumba hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at O.P. Schnabel Park		O.P. Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk
Zumba hosted by Community First Health Plans	 	Garza Park 1450 Mira Vista	Tues	6:30 pm	Inside Garza Community Center
Zumba hosted by Community First Health Plans	 	Cuellar Park 5626 San Fernando	Wed	6:00 pm	Inside Cuellar Community Center
Zumba in partnership with Community First Health Plans		Southside Lions Park 3100 Hiawatha	Thurs	7:00 pm	Inside Southside Lions Community Center
Zumba		Harlandale Park 7227 Briar Place	Tues	7:00 pm	Inside Harlandale Community Center
Zumba		Denver Heights Park 300 Porter	Tues	5:30 pm	Inside Denver Heights Community Center
Zumba		Palm Heights Park 1201 W. Malone	Thurs	7:00 pm	Inside Palm Heights Community Center
Zumba (30 minutes)	 	Woodlawn Lake Park 1103 Cincinnati	Mon	7:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym) <b>*No class June 26</b>
Zumba		Southside Lions Park 3100 Hiawatha	Mon	6:00 pm	Inside Southside Lions Community Center <b>*No class June 5</b>
Zumba Gold hosted by United Health Care		Commander's House 622 S. Flores	Tues	10:00 am	Inside Commander's House
Zumba		LBJ Park 10700 Nacogdoches	Wed	7:00 pm	Inside Lou Hamilton Community Center <b>*No class June 7</b>

# DANCE FITNESS

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, belly dance, ballet, and folklorico, we have something for everyone.



Class Name		Location	Day(s)	Time	Meeting Place
Adult Belly Dancing		Lions Field Park 2809 Broadway	Tues	6:00 pm	Inside Lions Field Adult & Senior Center <b>*No class June 6</b>
Adult Belly Dancing		Granados Park 500 Freiling	Tues	2:30 pm	Inside Granados Adult & Senior Center <b>*No class June 6</b>
Adult Caribe Rico Moderno		Lions Field Park 2809 Broadway	Tues	5:00 pm	Inside Lions Field Adult & Senior Center <b>*No class June 6</b>
Adult Intro to Folklorico Dance		Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside Berta Almaguer Dance Studio <b>*No class June 6</b>
Adult Intro to Folklorico Dance		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center <b>*No class June 2 &amp; 9</b>
Adult Line Dancing		Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Adult Line Dancing		Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center <b>*No class June 2 &amp; 9</b>
Adult Line Dancing		Granados Park 500 Freiling	Mon	6:00 pm	Inside Granados Adult & Senior Center
Line Dancing *Ages 13 to adult		Berta Almaguer Dance Studio 138 S. Josephine	Wed	11:00 am	Inside Berta Almaguer Dance Studio <b>*No class June 7</b>
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	5:30 pm	Inside Enrique Barrera Fitness Center <b>*Class taught in Spanish</b>
CIZE Live		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	7:00 pm	Inside Enrique Barrera Fitness Center <b>*No class June 27</b>
Hip Hop Dance *Ages 13 to adult		Berta Almaguer Dance Studio 138 S. Josephine	Wed	10:00 am	Inside Berta Almaguer Dance Studio <b>*No class June 7</b>
CYPHER Hip Hop Dance *Ages 11 to adult		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio <b>*No class June 3 &amp; 10</b>
La Classe De Dansa (The Ballet Class) *Ages 13 to adult		Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside Berta Almaguer Dance Studio <b>*No class June 6</b>



# OTHER CARDIO

Class Name		Location	Day(s)	Time	Meeting Place
Cardio Kickboxing	☀️	Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Body Combat hosted by the Mays Family YMCA at Potranco	🏠	Mays Family YMCA at Potranco 8765 Hwy 151 Access Rd.	Sun	2:00 pm	Check in at the Mays Family YMCA at Potranco reception desk
Body Combat hosted by the Davis Scott YMCA	🏠	Pittman-Sullivan Park 1213 Iowa	Wed	7:30 pm	Check in at the Davis-Scott YMCA reception desk
Tae Bo	🏠	Copernicus Park 5003 Lord Rd	Tues	6:30 pm	Inside Copernicus Community Center
Go Fetch Run (Workout with your dog)	☀️	Phil Hardberger Park East 13203 Blanco Rd	Sat, June 3	8:00 am	Near the playground
Cardio Fit	🏠	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Wed	11:45 am	Inside the Enrique Barrera Fitness Center

Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Tae Bo is a martial arts based workout made famous by Billy Banks. This fun-filled workout will tone your entire body.

Go Fetch Run provides opportunities for people to exercise alongside their dogs, improving the physical and mental well-being of both and strengthening the bond between dogs and their owners.











Cardio Fit class combines rhythmic aerobic exercises with stretching and strength routines.



# WALKING GROUPS

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!











Class Name		Location	Day(s)	Time	Meeting Place
Social Walk		Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center
Walking Group	 	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Walking Group hosted by United Health Care		Commander's House 622 S. Flores	Tues / Thurs	8:30 am	On the Porch of the Commander's House
Walking Group		Southside Lions Park 3100 Hiawatha	Wed	6:00 pm	Inside Southside Lions Park
Walking Group	 	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	11:00 am	Inside the Enrique Barrera Fitness Center
Walking Group		Levi Strauss Park 6100 Enrique M. Barrera Parkway	Mon	5:30 pm	Near the outdoor fitness stations
Walking Group		Miller's Pond Park 6175 Old Pearsall Rd	Tues / Thurs	7:00 pm	Inside Miller's Pond Community Center
Walking Group		Miller's Pond Park 6175 Old Pearsall Rd	Sat	11:00 am	Inside Miller's Pond Community Center

# CYCLING AND RUNNING GROUPS

Troop Trek is a running clinic and tutorial through the Troops for Fitness Program. The class is dedicated to the beginner and intermediate runners, however all levels are welcome. Troop Trek distances usually start at around 1 to 3.1 miles and incorporate interval, tempo, and ability group runs. Suggested training paces between 9 and 15 minutes per mile.

Share the Trails with a Trail Steward is a great opportunity to learn about the trails, trail safety, and trail etiquette. Walk or ride along with park staff in this new monthly trail education series. Each month will feature new trails around San Antonio!

Honor 22 is a community involvement group dedicated to helping active duty military, veterans, and their families' transition after they separate from the military. Honor 22 organizes group runs, cycling groups, and trail rucks (group march while carrying weight in a backpack).

Class Name		Location	Day(s)	Time	Meeting Place
Hit the Dirt Trail Run hosted by Honor 22		McAllister Park 13102 Jones Maltsberger	Wed	9:00 am	At the Turkey Roost pavilion
Trail Ruck hosted by Honor 22		Friedrich Wilderness Park 21395 Milsa Rd	Sun	9:00 am	At the pavilion
Group Run hosted by Honor 22		Walker Ranch Park 12603 West Ave.	Wed, June 7	6:00 pm	At the pavilion
H.E.R.O. Bike Group hosted by Honor 22		O.P. Schnabel Park 9606 Bandera	Sun	7:00 pm	Next to the playground <b>*Must bring your own bike</b> <b>*No class June 25</b>
Share the Trails with a Trail Steward (Walk or Ride)		Elmendorf Lake Park 3700 W Commerce	Sat, June 3	9:00 am	At the splash pad <b>*Must bring your own bike</b>
Share the Trails with a Trail Steward (Walk or Ride)		South Side Lions Park 3100 Hiawatha	Sat, June 17	9:00 am	At the trailhead <b>*Must bring your own bike</b>
Troop Trek	 	McAllister Park 13102 Jones Maltsberger	Sat, June 3 Sat, June 17 Sat, June 24	8:00 am	At the Turkey Roost Pavilion



## SCHEDULE LEGEND



Outdoor Class



Indoor Class



Outdoor During Nice Weather  
Indoor During Bad Weather



Troops for Fitness Class





# JUST FOR KIDS



Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!

Class Name		Location	Day(s)	Time	Meeting Place
Youth Speed & Agility		 Dawson Park 2500 E. Commerce	Wed	5:30 pm	Inside Dawson Community Center <b>*No class June 28</b>
Kids Fit Club		 Miller's Pond Park 6175 Old Pearsall Rd	Thurs	7:00 pm	Inside Miller's Pond Community Center
Running Group hosted by Run SA Youth (Ages 5 - 12)		Kennedy Park 3101 Rose Lawn	Wed / Sat	6:30 pm	At the pavilion

# FAMILY FITNESS

Stroller Strides is a unique fitness experience that allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout.












Class Name		Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables <b>*For inclement weather cancellations call (210) 247-8820</b>
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Sat, June 3	9:00 am	Picnic tables <b>*For inclement weather cancellations call (210) 247-8820</b>

# NET SPORTS

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try table tennis, pickleball, or adult modified tennis.



Class Name		Location	Day(s)	Time	Meeting Place
Adult Table Tennis		Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 5:00 pm	Inside Mission Library
Adult Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Adult Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center
Beginner Tennis (Ages 6+)		McFarlin Tennis Center 1503 San Pedro	Thurs	6:00 pm to 7:30 pm	Courts 17-19
Pickleball		Joe Ward Park 435 E. Sunshine	Tues	6:00 pm to 9:00 pm	Inside Joe Ward Community Center



**Fitness in the park**  
[www.saparksandrec.com](http://www.saparksandrec.com)



# TROOPS FOR FITNESS

Troops for Fitness is a series of fitness classes taught by skilled military veterans. The San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes.

Keep your eyes out for the Troops for Fitness logo and support your veteran led classes.

The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Adult Boot Camp**

Harlandale Park  
Woodlawn Lake Park  
Travis Park

- **Circuit Training**

Bonnie Conner Park  
Lou Kardon Park  
McAllister Park  
Labor Street Park  
Hardberger Park East  
Woodlawn Lake Park  
Southside Lions Park  
Labor Street Park

- **Low Impact Circuit**

Lackland Terrace Park  
Granados Park  
Parman Library

- **Interval Training**

Bonnie Conner Park  
Ward Park  
Highland Park  
Woodlawn Lake Park  
Hardberger Park East  
Pearsall Park  
Lions Field Park

- **Pilates**

Dawson Park  
Lions Field Park

- **Zumba**

Woodlawn Lake Park

- **Speed and Agility**

Dawson Park (Youth)  
Pearsall Park

- **Cross Fit**

McAllister Park  
Harlandale Park  
Highland Park  
Ward Park

- **Walking/Running Group**

Woodlawn Lake Park  
McAllister Park

- **Yoga**

Cuellar Park  
Dawson Park  
LBJ Park

- **Agility & Stability**

Woodlawn Lake Park

- **Core Training**

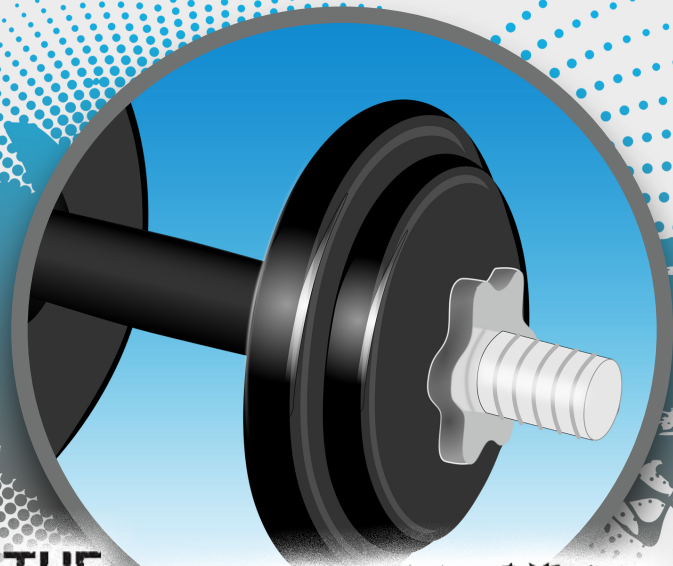
O.P. Schnabel Park  
Parman Library







CITY OF SAN ANTONIO  
PARKS & RECREATION



# THE WORKOUT<sub>2.0</sub>

CROSS TRAINING COMPETITION

## SATURDAY • JULY 22

ENRIQUE M. BARRERA COMMUNITY FITNESS CENTER

7:30AM • AGES 18 & UP • 5800 ENRIQUE M BARRERA PKWY.

PARTICIPATION REQUIREMENTS: BARRERA FITNESS CENTER MEMBERSHIP •  
ATTEND 5 DESIGNATED FITNESS IN THE PARK CLASSES • ATTEND ONE COMPETITION MEETING

FOR MORE INFORMATION CALL 210.207.3193

[WWW.SAPARKSANDREC.COM](http://WWW.SAPARKSANDREC.COM)

REGISTRATION DEADLINE IS JUNE 23

(COMPETITION MEETINGS ARE JULY 17-19 AT 6PM)

\*MEMBERSHIP FEES: AGES 18-59 \$10 PER MONTH, SENIORS \$25 PER YEAR\*

**FTIPASS**  
A PASSPORT TO A HEALTHIER YOU.



FOLLOW PARKS & RECREATION ON:

# Fitness in the park Spotlight June 2017

The Workout 2.0 is a cross training competition hosted at the Barrera Fitness Center. The mandatory participant requirements are:

- Must attend at least 5 designated Fitness in the Park classes from June 12th - July 14th (various times)



Look for the logo next to the class name

- Must attend one competition meeting on either July 17, 18, or 19 at 6:00 pm
- Must be a current member of the Enrique Barrera Community Fitness Center
- Registration deadline is June 23, 2017

# FITPASS

A PASSPORT TO A HEALTHIER YOU

**FREE PROGRAM FROM  
JUNE 10 - JULY 29**

SAN ANTONIO'S FITNESS & WELLNESS ADVENTURE  
GET FIT, EARN POINTS, WIN PRIZES

**FITNESS OPPORTUNITIES • NUTRITION EDUCATION  
WELLNESS EVENTS & MORE!**



Get the "SAParksFitness" app on:



[WWW.SAPARKSANDREC.COM](http://WWW.SAPARKSANDREC.COM)



FOLLOW PARKS & RECREATION ON:



**2017 FITPASS  
DASH  
5K**  
**06.10.17** RACE STARTS  
**8AM**  
PEARSALL PARK, 4700 OLD PEARSALL RD  
**FREE ALL AGES WELCOME**  
REGISTER FOR THE RACE AT [IAAPWEB.COM](http://IAAPWEB.COM)

# WEEKLY SCHEDULE

# MAY - JUNE 2017

Monday May 29	Tuesday May 30	Wednesday May 31	Thursday June 1	Friday June 2	Saturday June 3	Sunday June 4
<b>8:30 am</b> <b>Circuit Training</b> Panther Springs Park  <b>10:00 am</b> <b>RoTenGo</b> Hemisfair Park	<b>7:30 am</b> <b>Lap Swimming</b> Heritage Pool <b>Lap Swimming</b> LBJ Pool <b>Lap Swimming</b> Lincoln Pool <b>Lap Swimming</b> Woodlawn Pool  <b>8:30 am</b> <b>Walking Group</b> Commander's House  <b>9:30 am</b> <b>Chair Exercises</b> Lackland Terrace Park <b>Stroller Strides</b> Hardberger Park East  <b>11:30 am</b> <b>Aqua Fitness</b> SA Natatorium  <b>11:45 am</b> <b>Circuit Training</b> Barrera FC  <b>12:30 pm</b> <b>Adult Low Impact Circuit</b> Granados Park  <b>1:00 pm</b> <b>Table Tennis</b> Mission Library  <b>5:30 pm</b> <b>Zumba</b> Denver Heights Park <b>Bailar Es Vivir</b> Barrera FC <b>Basketball Conditioning</b> Dawson Park  <b>6:00 pm</b> <b>Cross Fit</b> Highland Park <b>Circuit Training</b> Barrera FC <b>Core Rhythm</b> Harlandale Park <b>Bodyweight HIIT</b> Pearsall Park <b>Zumba</b> Arnold Park <b>WOD</b> Cuellar Park  <b>6:30 pm</b> <b>Cross Training</b> Garza Park <b>Zumba</b> Garza Park <b>Tae Bo</b> Copernicus Park  <b>7:00 pm</b> <b>Speed &amp; Agility</b> Pearsall Park <b>Interval Training</b> Highland Park <b>Zumba</b> Harlandale Park <b>CIZE Live</b> Barrera FC	<b>7:30 am</b> <b>Lap Swimming</b> Heritage Pool <b>Lap Swimming</b> LBJ Pool <b>Lap Swimming</b> Lincoln Pool <b>Lap Swimming</b> Woodlawn Pool  <b>8:30 am</b> <b>Circuit Training</b> Lou Kardon Park <b>Circuit Training</b> Panther Springs Park  <b>10:00 am</b> <b>Adult Intermediate Low Impact Circuit</b> Lackland Terrace Park  <b>11:00 am</b> <b>Adult Low Impact Circuit</b> Lackland Terrace Park  <b>5:30 pm</b> <b>Basketball Conditioning</b> Copernicus Park <b>Youth Speed &amp; Agility</b> Dawson Park <b>Cheerleading Conditioning</b> Palm Heights Park  <b>6:00 pm</b> <b>Yoga</b> LBJ Park <b>Zumba</b> Cuellar Park <b>Cardio Kickboxing</b> Walker Ranch Park <b>Walking Group</b> Villa Coronado Park <b>Walking Group</b> South Side Lions Park  <b>6:30 pm</b> <b>Boot Camp</b> Garza Park <b>Interval Training</b> Ward Park <b>Zumba</b> Jimmy Flores Park <b>Body Combat</b> Pittman-Sullivan Park  <b>7:00 pm</b> <b>Interval Training</b> Walker Ranch Park <b>Energy Circuit</b> South Side Lions Park  <b>7:30 pm</b> <b>Cross Fit</b> Ward Park	<b>7:30 am</b> <b>Lap Swimming</b> Heritage Pool <b>Lap Swimming</b> LBJ Pool <b>Lap Swimming</b> Woodlawn Pool <b>Lap Swimming</b> Lincoln Pool  <b>8:30 am</b> <b>Functional Fitness</b> Lions Field Park <b>Walking Group</b> Commander's House  <b>11:00 am</b> <b>Walking Group</b> Barrera FC  <b>11:30 am</b> <b>Aqua Fitness</b> SA Natatorium  <b>11:45 am</b> <b>Circuit Training</b> Barrera FC  <b>12:30 pm</b> <b>Adult Low Impact Circuit</b> Granados Park  <b>1:00 pm</b> <b>Table Tennis</b> Mission Library  <b>5:30 pm</b> <b>Circuit Training</b> Bonnie Conner Park <b>Bailar Es Vivir</b> Barrera FC <b>Walking Group</b> Woodlawn Lake Park  <b>6:00 pm</b> <b>Circuit Training</b> Barrera FC <b>Core Rhythm</b> Southside Lions Park <b>WOD</b> Cuellar Park <b>Beginner Tennis</b> McFarlin Tennis Center  <b>6:30 pm</b> <b>Cross Training</b> Garza Park <b>Interval Training</b> Bonnie Conner Park <b>Bodyweight HIIT</b> Woodlawn Lake Park <b>Boot Camp</b> Copernicus Park  <b>6:45 pm</b> <b>Boot Camp</b> Granados Park  <b>7:00 pm</b> <b>Zumba</b> Southside Lions Park <b>Kids Fit Club</b> Miller's Pond Park <b>Walking Group</b> Miller's Pond Park <b>Zumba</b> Palm Heights Park  <b>7:30 pm</b> <b>Energy Circuit</b> Woodlawn Lake Park	<b>10:00 am</b> <b>Line Dancing</b> Lackland Terrace Park  <b>11:00 am</b> <b>Tai Chi</b> Pan American Library  <b>6:00 pm</b> <b>Zumba</b> O.P. Schnabel Park	<b>8:00 am</b> <b>Energy Circuit</b> Hardberger Park East <b>Go Fetch Run</b> Hardberger Park East <b>Troop Trek</b> McAllister Park  <b>9:00 am</b> <b>Cross Fit</b> McAllister Park <b>Interval Training</b> Hardberger Park East <b>Zumba</b> McAllister Park <b>Share the Trails</b> Elmendorf Lake Park <b>Stroller Strides</b> Hardberger Park East <b>Pickleball</b> LBJ Park  <b>10:00 am</b> <b>Circuit Training</b> McAllister Park <b>Zumba</b> Rosedale Park  <b>10:30 am</b> <b>Chair Yoga</b> Dorie Miller Park  <b>11:00 am</b> <b>Body Pump</b> Rosedale Park <b>Walking Group</b> Miller's Pond Park <b>Meditation</b> Hardberger Park West  <b>11:30 am</b> <b>Yoga</b> Dorie Miller Park  <b>12:00 pm</b> <b>Body Flow</b> Rosedale Park <b>Yoga</b> Mission Library  <b>3:30 pm</b> <b>Table Tennis</b> Mission Library	<b>9:00 am</b> <b>Trail Ruck</b> Friedrich Park  <b>10:00 am</b> <b>Interval Training</b> Hardberger Park West  <b>11:00 am</b> <b>Circuit Training</b> Hardberger Park West <b>Yoga</b> Pan American Library  <b>12:00 pm</b> <b>Yoga</b> Hardberger Park West  <b>2:00 pm</b> <b>Body Combat</b> MaysYMCA at Potranco  <b>7:00 pm</b> <b>HERO Bike Group</b> O.P. Schnabel Park



# WEEKLY SCHEDULE

JUNE 2017

Monday June 5	Tuesday June 6	Wednesday June 7	Thursday June 8	Friday June 9	Saturday June 10	Sunday June 11
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming Lincoln Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming Lincoln Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming Lincoln Pool Lap Swimming Woodlawn Pool	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:00 am</b> Fit Pass Dash 5K Pearsall Park	<b>9:00 am</b> Trail Ruck Friedrich Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Lou Kardon Park Circuit Training Panther Springs Park	<b>8:30 am</b> Functional Fitness Lions Field Park Walking Group Commander's House	<b>11:00 am</b> Tai Chi Pan American Library	<b>9:00 am</b> Pickleball LBJ Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>8:30 am</b> Circuit Training Lou Kardon Park Circuit Training Panther Springs Park Functional Fitness Lions Field Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park Stroller Strides Hardberger Park East	<b>9:00 am</b> Trail Run McAllister Park	<b>11:00 am</b> Walking Group Barrera FC	<b>6:00 pm</b> Zumba O.P. Schnabel Park	<b>10:00 am</b> Zumba Rosedale Park	<b>11:00 am</b> Circuit Training Hardberger Park West Yoga Pan American Library
<b>9:30 am</b> Agility & Stability Woodlawn Lake Park Adult Modified Tennis Granados Park	<b>10:00 am</b> Zumba Gold Commander's House	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park	<b>11:30 am</b> Aqua Fitness SA Natatorium		<b>10:30 am</b> Chair Yoga Highland Park	<b>12:00 pm</b> Yoga Hardberger Park West
<b>10:00 am</b> Social Walk Lackland Terrace Park Low Impact Circuit Training Parman Library	<b>10:30 am</b> Yoga Commander's House	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park	<b>11:45 am</b> Circuit Training Barrera FC		<b>11:30 am</b> Yoga Highland Park	<b>2:00 pm</b> Body Combat MaysYMCA at Potranco
<b>10:30 am</b> Adult Pickleball Granados Park	<b>11:00 am</b> Walking Group Barrera FC	<b>11:45 am</b> Cardio Fit Barrera FC	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park		<b>12:00 pm</b> Body Flow Rosedale Park	<b>7:00 pm</b> HERO Bike Group O.P. Schnabel Park
<b>11:00 am</b> Core Training Parman Library	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>5:30 pm</b> Youth Speed & Agility Dawson Park Pilates Lions Field Park	<b>1:00 pm</b> Table Tennis Mission Library		<b>3:30 pm</b> Table Tennis Mission Library	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park Walking Group Levi Strauss Park Core Training O.P. Schnabel Park	<b>11:45 am</b> Circuit Training Barrera FC	<b>6:00 pm</b> Yoga LBJ Park Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Group Run Walker Ranch Park Ab Express Barrera FC	<b>5:30 pm</b> Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park			
<b>6:00 pm</b> Kettlebell Boot Camp Barrera FC Circuit Training Collins Garden Park Line Dancing Granados Park Ab Express Levi Strauss Park Core Training O.P. Schnabel Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>6:30 pm</b> Boot Camp Garza Park Interval Training Ward Park Zumba Jimmy Flores Park Body Combat Pittman-Sullivan Park Adult Interval Training Lions Field Park	<b>6:00 pm</b> Circuit Training Barrera FC Core Rhythm Southside Lions Park Beginner Tennis McFarlin Tennis Center Gentle Yoga LBJ Park			
<b>6:30 pm</b> Boot Camp Garza Park Boot Camp Harlandale Park Boot Camp Copernicus Park Bodyweight HIIT Woodlawn Lake Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>7:00 pm</b> Energy Circuit Southside Lions Park Interval Training Walker Ranch Park	<b>6:30 pm</b> Cross Training Garza Park Interval Training Bonnie Conner Park Bodyweight HIIT Woodlawn Lake Park Boot Camp Copernicus Park			
<b>7:00 pm</b> Yoga Collins Garden Park Circuit Training Levi Strauss Park	<b>5:00 pm</b> Yoga Cuellar Park	<b>7:30 pm</b> Cross Fit Ward Park	<b>6:45 pm</b> Boot Camp Granados Park			
<b>7:30 pm</b> Cross Fit Harlandale Park Zumba Woodlawn Lake Park	<b>5:30 pm</b> Zumba Denver Heights Park Bailar Es Vivir Barrera FC Boot Camp Travis Park		<b>7:00 pm</b> Zumba Southside Lions Park Kids Fit Club Miller's Pond Park Walking Group Miller's Pond Park Zumba Palm Heights Park Yoga LBJ Park			
<b>8:00 pm</b> Boot Camp Miller's Pond Park Circuit Training Woodlawn Lake Park	<b>6:00 pm</b> Cross Fit Highland Park Circuit Training Barrera FC Core Rhythm Harlandale Park Bodyweight HIIT Pearsall Park Zumba Arnold Park Pickleball Ward Park Restorative Yoga Dawson Park					
	<b>6:30 pm</b> Cross Training Garza Park Zumba Garza Park Tae Bo Copernicus Park					
	<b>6:45 pm</b> Boot Camp Granados Park					
	<b>7:00 pm</b> Speed & Agility Pearsall Park Interval Training Highland Park Zumba Harlandale Park CIZE Live Barrera FC Circuit Training Labor Street Park Walking Group Miller's Pond Park Pilates Dawson Park		<b>7:30 pm</b> Energy Circuit Woodlawn Lake Park			

# WEEKLY SCHEDULE

# JUNE 2017

Monday June 12	Tuesday June 13	Wednesday June 14	Thursday June 15	Friday June 16	Saturday June 17	Sunday June 18
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>10:00 am</b> Line Dancing Lackland Terrace Park Line Dancing Granados Park	<b>8:00 am</b> Troop Trek McAllister Park	<b>9:00 am</b> Trail Ruck Friedrich Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Lou Kardon Park Circuit Training Panther Springs Park	<b>8:30 am</b> Functional Fitness Lions Field Park Walking Group Commander's House	<b>11:00 am</b> Tai Chi Pan American Library Folklorico Granados Park	<b>9:00 am</b> Cross Fit McAllister Park Zumba McAllister Park CYPHER Berta Almaguer Dance Studio Share the Trails South Side Lions Park Pickleball LBJ Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>8:30 am</b> Circuit Training Lou Kardon Park Circuit Training Panther Springs Park Functional Fitness Lions Field Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park Stroller Strides Hardberger Park East	<b>9:00 am</b> Trail Run McAllister Park	<b>11:00 am</b> Walking Group Barrera FC	<b>6:00 pm</b> Zumba O.P. Schnabel Park	<b>10:00 am</b> Circuit Training McAllister Park Zumba Rosedale Park	<b>11:00 am</b> Circuit Training Hardberger Park West Yoga Pan American Library
<b>9:30 am</b> Agility & Stability Woodlawn Lake Park Adult Modified Tennis Granados Park	<b>10:00 am</b> Zumba Gold Commander's House Folklorico Berta Almaguer Dance Studio	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park Hip Hop Dance Berta Almaguer Dance Studio	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>7:00 pm</b> Super Hero Circuit Walker Ranch Park	<b>10:30 am</b> Chair Yoga Highland Park	<b>12:00 pm</b> Yoga Hardberger Park West
<b>10:00 am</b> Social Walk Lackland Terrace Park Low Impact Circuit Training Parman Library	<b>10:30 am</b> Yoga Commander's House	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park Line Dancing Berta Almaguer Dance Studio	<b>11:45 am</b> Circuit Training Barrera FC		<b>11:00 am</b> Body Pump Rosedale Park Walking Group Miller's Pond Park	<b>2:00 pm</b> Body Combat MaysYMCA at Potranco
<b>10:30 am</b> Adult Pickleball Granados Park	<b>11:00 am</b> Walking Group Barrera FC La Classe De Dansa Berta Almaguer Dance Studio	<b>11:45 am</b> Cardio Fit Barrera FC	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>11:30 am</b> Yoga Highland Park	<b>7:00 pm</b> HERO Bike Group O.P. Schnabel Park
<b>11:00 am</b> Core Training Parman Library	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>5:30 pm</b> Youth Speed & Agility Dawson Park Pilates Lions Field Park		<b>5:30 pm</b> Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park	<b>12:00 pm</b> Body Flow Rosedale Park Yoga Mission Library	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park Core Training O.P. Schnabel Park Walking Group Levi Strauss Park	<b>11:45 am</b> Circuit Training Barrera FC	<b>6:00 pm</b> Yoga LBJ Park Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Ab Express Barrera FC	<b>6:00 pm</b> Circuit Training Barrera FC Core Rhythm Southside Lions Park Beginner Tennis McFarlin Tennis Center Gentle Yoga LBJ Park	<b>3:30 pm</b> Table Tennis Mission Library		
<b>6:00 pm</b> Kettlebell Boot Camp Barrera FC Circuit Training Collins Garden Park Zumba Southside Lions Park Line Dancing Granados Park Core Training O.P. Schnabel Park Ab Express Levi Strauss Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>6:30 pm</b> Boot Camp Garza Park Interval Training Ward Park Zumba Jimmy Flores Park Adult Interval Training Lions Field Park	<b>6:30 pm</b> Cross Training Garza Park Interval Training Bonnie Conner Park Bodyweight HIIT Woodlawn Lake Park Boot Camp Copernicus Park	<b>6:30 pm</b> Running Group Kennedy Park		
<b>6:30 pm</b> Boot Camp Garza Park Boot Camp Harlandale Park Boot Camp Copernicus Park Bodyweight HIIT Woodlawn Lake Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>7:00 pm</b> Energy Circuit Southside Lions Park Interval Training Walker Ranch Park Zumba LBJ Park	<b>6:45 pm</b> Aqua Zumba San Pedro Pool			
<b>7:00 pm</b> Yoga Collins Garden Park Circuit Training Levi Strauss Park	<b>2:30 pm</b> Belly Dancing Granados Park	<b>7:30 pm</b> Cross Fit Ward Park Body Combat Pittman-Sullivan Park				
<b>7:30 pm</b> Cross Fit Harlandale Park Zumba Woodlawn Lake Park	<b>5:00 pm</b> Caribe Rico Moderno Lions Field Park					
<b>8:00 pm</b> Boot Camp Miller's Pond Park Circuit Training Woodlawn Lake Park	<b>5:30 pm</b> Zumba Denver Heights Park Bailar Es Vivir Barrera FC Boot Camp Travis Park					
	<b>6:00 pm</b> Cross Fit Highland Park Circuit Training Barrera FC Core Rhythm Harlandale Park Bodyweight HIIT Pearsall Park Zumba Arnold Park Pickleball Ward Park Restorative Yoga Dawson Park Belly Dance Lions Field Park					
	<b>6:30 pm</b> Cross Training Garza Park Zumba Garza Park Tae Bo Copernicus Park					
	<b>6:45 pm</b> Boot Camp Granados Park					
	<b>7:00 pm</b> Speed & Agility Pearsall Park Interval Training Highland Park Zumba Harlandale Park CIZE Live Barrera FC Circuit Training Labor Street Park Walking Group Miller's Pond Park Pilates Dawson Park					

# WEEKLY SCHEDULE

# JUNE 2017

Monday June 19	Tuesday June 20	Wednesday June 21	Thursday June 22	Friday June 23	Saturday June 24	Sunday June 25
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>10:00 am</b> Line Dancing Lackland Terrace Park Line Dancing Granados Park	<b>8:00 am</b> Troop Trek McAllister Park	<b>9:00 am</b> Trail Ruck Friedrich Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House	<b>8:30 am</b> Circuit Training Lou Kardon Park	<b>8:30 am</b> Functional Fitness Lions Field Park Walking Group Commander's House	<b>11:00 am</b> Tai Chi Pan American Library Folklorico Granados Park	<b>9:00 am</b> Cross Fit McAllister Park Zumba McAllister Park CYPHER Berta Almaguer Dance Studio Pickleball LBJ Park	<b>10:00 am</b> Interval Training Hardberger Park West
<b>8:30 am</b> Circuit Training Lou Kardon Park Circuit Training Panther Springs Park Functional Fitness Lions Field Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park Stroller Strides Hardberger Park East	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>11:00 am</b> Walking Group Barrera FC	<b>6:00 pm</b> Zumba O.P. Schnabel Park	<b>10:00 am</b> Circuit Training McAllister Park Zumba Rosedale Park	<b>11:00 am</b> Circuit Training Hardberger Park West Yoga Pan American Library
<b>9:30 am</b> Agility & Stability Woodlawn Lake Park Adult Modified Tennis Granados Park	<b>10:00 am</b> Zumba Gold Commander's House Folklorico Berta Almaguer Dance Studio	<b>9:00 am</b> Trail Run McAllister Park	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>7:00 pm</b> Super Hero Circuit Walker Ranch Park	<b>10:30 am</b> Chair Yoga Highland Park	<b>12:00 pm</b> Yoga Hardberger Park West
<b>10:00 am</b> Social Walk Lackland Terrace Park Low Impact Circuit Training Parman Library	<b>10:30 am</b> Yoga Commander's House	<b>10:00 am</b> Adult Intermediate Low Impact Circuit Lackland Terrace Park Hip Hop Dance Berta Almaguer Dance Studio	<b>11:45 am</b> Circuit Training Barrera FC		<b>11:00 am</b> Body Pump Rosedale Park Meditation Hardberger Park West Walking Group Miller's Pond Park	<b>2:00 pm</b> Body Combat MaysYMCA at Potranco
<b>10:30 am</b> Adult Pickleball Granados Park	<b>11:00 am</b> Walking Group Barrera FC La Classe De Dansa Berta Almaguer Dance Studio	<b>11:00 am</b> Adult Low Impact Circuit Lackland Terrace Park Line Dancing Berta Almaguer Dance Studio	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park		<b>11:30 am</b> Yoga Highland Park	
<b>11:00 am</b> Core Training Parman Library	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>11:45 am</b> Cardio Fit Barrera FC	<b>1:00 pm</b> Table Tennis Mission Library		<b>12:00 pm</b> Body Flow Rosedale Park Yoga Mission Library	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park Core Training O.P. Schnabel Park Walking Group Levi Strauss Park	<b>11:45 am</b> Circuit Training Barrera FC	<b>11:45 am</b> Cardio Fit Barrera FC	<b>5:30 pm</b> Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park		<b>3:30 pm</b> Table Tennis Mission Library	
<b>6:00 pm</b> Kettlebell Boot Camp Barrera FC Circuit Training Collins Garden Park Zumba Southside Lions Park Line Dancing Granados Park Core Training O.P. Schnabel Park Ab Express Levi Strauss Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>5:30 pm</b> Youth Speed & Agility Dawson Park Pilates Lions Field Park	<b>6:00 pm</b> Circuit Training Barrera FC Core Rhythm Southside Lions Park Beginner Tennis McFarlin Tennis Center Gentle Yoga LBJ Park		<b>6:30 pm</b> Running Group Kennedy Park	
<b>6:30 pm</b> Boot Camp Garza Park Boot Camp Harlandale Park Boot Camp Copernicus Park Bodyweight HIIT Woodlawn Lake Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:00 pm</b> Yoga LBJ Park Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Ab Express Barrera FC	<b>6:30 pm</b> Cross Training Garza Park Interval Training Bonnie Conner Park Bodyweight HIIT Woodlawn Lake Park Boot Camp Copernicus Park			
<b>7:00 pm</b> Yoga Collins Garden Park Circuit Training Levi Strauss Park	<b>2:30 pm</b> Belly Dancing Granados Park	<b>6:30 pm</b> Boot Camp Garza Park Interval Training Ward Park Zumba Jimmy Flores Park Adult Interval Training Lions Field Park Running Group Kennedy Park	<b>6:45 pm</b> Boot Camp Granados Park			
<b>7:30 pm</b> Cross Fit Harlandale Park Zumba Woodlawn Lake Park	<b>5:00 pm</b> Caribe Rico Moderno Lions Field Park	<b>6:45 pm</b> Aqua Zumba San Pedro Pool	<b>7:00 pm</b> Zumba Southside Lions Park Kids Fit Club Miller's Pond Park Walking Group Miller's Pond Park Zumba Palm Heights Park Yoga LBJ Park			
<b>8:00 pm</b> Boot Camp Miller's Pond Park Circuit Training Woodlawn Lake Park	<b>5:30 pm</b> Zumba Denver Heights Park Bailar Es Vivir Barrera FC Boot Camp Travis Park	<b>7:00 pm</b> Energy Circuit Southside Lions Park Interval Training Walker Ranch Park Zumba LBJ Park				
	<b>6:00 pm</b> Cross Fit Highland Park Circuit Training Barrera FC Core Rhythm Harlandale Park Bodyweight HIIT Pearsall Park Zumba Arnold Park Pickleball Ward Park Restorative Yoga Dawson Park Belly Dance Lions Field Park	<b>7:30 pm</b> Cross Fit Ward Park Body Combat Pittman-Sullivan Park				
	<b>6:30 pm</b> Cross Training Garza Park Zumba Garza Park Tae Bo Copernicus Park					
	<b>6:45 pm</b> Boot Camp Granados Park					
	<b>7:00 pm</b> Speed & Agility Pearsall Park Interval Training Highland Park Zumba Harlandale Park CIZE Live Barrera FC Circuit Training Labor Street Park Walking Group Miller's Pond Park Pilates Dawson Park					



# WEEKLY SCHEDULE

# JUNE - JULY 2017

Monday June 26	Tuesday June 27	Wednesday June 28	Thursday June 29	Friday June 30	Saturday July 1	Sunday July 2
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>7:30 am</b> Lap Swimming Heritage Pool Lap Swimming LBJ Pool Lap Swimming South Side Lions Pool Lap Swimming Woodlawn Pool	<b>10:00 am</b> Line Dancing Lackland Terrace Park Line Dancing Granados Park	<b>8:00 am</b> Go Fetch Run Hardberger Park East	<b>9:00 am</b> Trail Ruck Friedrich Park
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commander's House Park	<b>8:30 am</b> Circuit Training Lou Kardon Park	<b>8:30 am</b> Functional Fitness Lions Field Park Walking Group Commander's House Park	<b>11:00 am</b> Tai Chi Pan American Library Folklorico Granados Park	<b>9:00 am</b> Cross Fit McAllister Park Interval Training Hardberger Park East Zumba McAllister Park CYPHER Berta Almaguer Dance Studio Pickleball LBJ Park Stroller Strides Hardberger Park East	<b>10:00 am</b> Interval Training Hardberger Park West
<b>8:30 am</b> Circuit Training Lou Kardon Park Circuit Training Panther Springs Park Functional Fitness Lions Field Park	<b>9:30 am</b> Chair Exercises Lackland Terrace Park Stroller Strides Hardberger Park East	<b>9:00 am</b> Trail Run McAllister Park	<b>11:00 am</b> Walking Group Barrera FC	<b>6:00 pm</b> Zumba O.P. Schnabel Park	<b>10:00 am</b> Circuit Training McAllister Park Zumba Rosedale Park	<b>11:00 am</b> Circuit Training Hardberger Park West Yoga Pan American Library
<b>9:30 am</b> Adult Modified Tennis Granados Park	<b>10:00 am</b> Zumba Gold Commander's House Folklorico Berta Almaguer Dance Studio	<b>9:00 am</b> Trail Run McAllister Park	<b>11:30 am</b> Aqua Fitness SA Natatorium		<b>10:00 am</b> Circuit Training McAllister Park Zumba Rosedale Park	<b>12:00 pm</b> Yoga Hardberger Park West
<b>10:00 am</b> Social Walk Lackland Terrace Park Low Impact Circuit Training Parman Library	<b>10:30 am</b> Yoga Commander's House	<b>10:00 am</b> Hip Hop Dance Berta Almaguer Dance Studio	<b>11:45 am</b> Circuit Training Barrera FC		<b>10:30 am</b> Chair Yoga Highland Park	<b>2:00 pm</b> Body Combat MaysYMCA at Potranco
<b>10:30 am</b> Adult Pickleball Granados Park	<b>11:00 am</b> Walking Group Barrera FC La Classe De Dansa Berta Almaguer Dance Studio	<b>11:00 am</b> Line Dancing Berta Almaguer Dance Studio	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park		<b>11:00 am</b> Body Pump Rosedale Park Walking Group Miller's Pond Park	<b>7:00 pm</b> HERO Bike Group O.P. Schnabel Park
<b>11:00 am</b> Core Training Parman Library	<b>11:30 am</b> Aqua Fitness SA Natatorium	<b>11:45 am</b> Cardio Fit Barrera FC	<b>1:00 pm</b> Table Tennis Mission Library		<b>11:30 am</b> Yoga Highland Park	
<b>5:30 pm</b> Walking Group Woodlawn Lake Park Core Training O.P. Schnabel Park Walking Group Levi Strauss Park	<b>11:45 am</b> Circuit Training Barrera FC	<b>5:30 pm</b> Pilates Lions Field Park	<b>5:30 pm</b> Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park		<b>12:00 pm</b> Body Flow Rosedale Park Yoga Mission Library	
<b>6:00 pm</b> Kettlebell Boot Camp Barrera FC Circuit Training Collins Garden Park Zumba Southside Lions Park Line Dancing Granados Park Core Training O.P. Schnabel Park Ab Express Levi Strauss Park	<b>12:30 pm</b> Adult Low Impact Circuit Granados Park	<b>6:00 pm</b> Yoga LBJ Park Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Ab Express Barrera FC	<b>6:00 pm</b> Circuit Training Barrera FC Core Rhythm Southside Lions Park Beginner Tennis McFarlin Tennis Center Gentle Yoga LBJ Park		<b>3:30 pm</b> Table Tennis Mission Library	
<b>6:30 pm</b> Boot Camp Garza Park Boot Camp Harlandale Park Boot Camp Copernicus Park Bodyweight HIIT Woodlawn Lake Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>6:30 pm</b> Boot Camp Garza Park Interval Training Ward Park Zumba Jimmy Flores Park Adult Interval Training Lions Field Park Running Group Kennedy Park	<b>6:30 pm</b> Cross Training Garza Park Interval Training Bonnie Conner Park Bodyweight HIIT Woodlawn Lake Park Boot Camp Copernicus Park		<b>6:30 pm</b> Running Group Kennedy Park	
<b>7:00 pm</b> Yoga Collins Garden Park Circuit Training Levi Strauss Park	<b>2:30 pm</b> Belly Dancing Granados Park	<b>6:45 pm</b> Aqua Zumba San Pedro Pool	<b>6:45 pm</b> Boot Camp Granados Park			
<b>7:30 pm</b> Cross Fit Harlandale Park	<b>5:00 pm</b> Caribe Rico Moderno Lions Field Park	<b>7:00 pm</b> Interval Training Walker Ranch Park Zumba LBJ Park	<b>7:00 pm</b> Zumba Southside Lions Park Kids Fit Club Miller's Pond Park Walking Group Miller's Pond Park Zumba Palm Heights Park Yoga LBJ Park			
<b>8:00 pm</b> Boot Camp Miller's Pond Park Circuit Training Woodlawn Lake Park	<b>5:30 pm</b> Zumba Denver Heights Park Bailar Es Vivir Barrera FC Boot Camp Travis Park	<b>7:30 pm</b> Cross Fit Ward Park Body Combat Pittman-Sullivan Park	<b>7:30 pm</b> Energy Circuit Woodlawn Lake Park			
	<b>6:00 pm</b> Cross Fit Highland Park Circuit Training Barrera FC Core Rhythm Harlandale Park Zumba Arnold Park Pickleball Ward Park Restorative Yoga Dawson Park Belly Dance Lions Field Park					
	<b>6:30 pm</b> Cross Training Garza Park Zumba Garza Park Tae Bo Copernicus Park					
	<b>6:45 pm</b> Boot Camp Granados Park					
	<b>7:00 pm</b> Interval Training Highland Park Zumba Harlandale Park Circuit Training Labor Street Park Walking Group Miller's Pond Park Pilates Dawson Park					